

DENTAL DISTORTIONS FITTING INSTRUCTIONS

Note: For best results, please read these instructions completely before starting. You will have a better overall picture of how the fitting process works, and that is to your advantage. Never put the appliance into water that is boiling!!

TIPS:

1. To achieve the best results, Take your time. Be patient, don't be in a hurry. If you are going to wear your new teeth with a foam appliance or other elaborate makeup, make sure you fit your teeth ahead of time.
2. If you've purchased a set with both uppers and lowers, fit the lowers first. It is difficult to fit lowers once the uppers are in place. You want to fit the lowers with the uppers so that they will maintain the proper relationship with each other.
3. If the appliance is the least bit uncomfortable to wear, go through the fitting process again until you have a fit that is absolutely comfortable for you. Wearing even a slightly uncomfortable appliance can leave you with painful sores on your gums that can take days to heal, and that is no fun!
4. When placing the softened thermoplastic onto the back of the acrylic shell teeth, make sure that the surface of the shell is dry-this will ensure that the thermoplastic adheres to the acrylic as it cools.
5. Think Less is More when applying the fitting plastic. Using too much fitting plastic will keep you from getting a superior fit. We provide you with plenty of fitting plastic and not all of it is needed. It is easier to add more plastic where needed than it is to remove it once it has been used.
6. If, during fitting, the acrylic shell breaks, it can be glued back together with acrylic nail glue used for acrylic nails. This material can be purchased from your local drug store. Alter gluing, let the appliance sit overnight before fitting. Follow fitting instructions as usual.

CUSTOM FITTING

Step 1: First we will shape the arch of the acrylic appliance to match the shape of your arch. Wrap the acrylic shells each in separate paper towels. Moisten the paper towels with water (after wrapping them around the acrylic shells) and heat them in the microwave. Since microwaves differ in power, start at 30 seconds and work your way up to 1 minute. This will soften the acrylic a little, not a lot. Place the shells into your mouth over your front teeth. If it is too narrow, bend it out-too wide, bend it in. Be very careful Here!! The acrylic is fairly brittle and will break if you bend it too much, too fast. Keep heating the acrylic to keep it soft until you are finished bending it to match your arch shape. When you are happy with the new arch shape of the appliance, hold in place for 5 minutes then place them in cold water to set it.

Step 2: Pour the thermoplastic pellets (from the bag) into a mug of hot water. Heat the thermoplastic pellets in the microwave for one minute on high. As the pellets soften they will become clear. Remove the plastic with a metal spoon and roll between wet hands to make a short 'snake' shape. Quickly press the plastic onto the back of the appliance being careful not to get any of it on the front where the teeth are. For sets with uppers and lowers, create two "balls" of thermoplastic, one larger than the other, and roll out your snake shapes. The larger one goes on the upper appliance and the smaller one on the lower appliance. Try to put most of the plastic directly behind where the teeth are. Once you have the fitting plastic smoothed out on the back side of the teeth, it's time to fit them in the mouth.

Attention: During the fitting process, never put the teeth in your mouth and leave them there until the plastic is completely cool!!!! It could be difficult or impossible to get them off without the aid of a dentist!!!

Step 4: Place the appliance back into the hot water and let it soak for 2 minutes. When you see that the fitting plastic is clear (soft), remove it from the water and test the surface temperature with your tongue. When the temperature is bearable, gently press the appliance up and over the front of your teeth. You will want to be in front of a mirror for this process. The end result you want is to have the appliance rub up against the outside of your teeth and gums all the way across the appliance. Make sure that the front space between the two front teeth (called the midline) is lined up over your own midline and that the flat, biting edge of the teeth (called the incisal edge) lines up over yours. This is Crucial to achieve realistic results. Do this as quickly as you can. When you are happy with the position and fit of the appliance, close your mouth and suck your cheeks in over the teeth. This will draw the plastic up against and in between your teeth. If fitting plastic is visible below your teeth, push it to the back of your teeth and bite through it (this will aid you when you trim your new teeth). Suck in the appliance for 20 seconds then pop them off of your teeth to loosen them. Place them back in your mouth and repeat (suck for 20 seconds...). Do this several times until the thermoplastic solidifies.

CUSTOM TRIMMING

Step 5: The key here is to be patient and don't hurry. You will need an exacto knife (or razor blade, be careful here) and nail clippers or small manicure scissors. First, put the teeth into cold water for 1 minute then refit them in your mouth. They'll probably feel tight. Do not force them! The appliance does flex a little, so you can gently pull them open to ease them onto your teeth. If for some reason you cannot get them back into your mouth, that's okay. You will have to remove a few undercuts first.

Step 6: First we will remove any fitting plastic that is behind your front teeth. With the flat, biting side of the appliance facing up, carefully cut through the plastic following the pattern that you bit through. Also, remove any excess plastic that has oozed in between your teeth. Just remove a little and keep trying the appliance in you mouth until it "pops" in. Save all the plastic trimmings in case you want to re fit your appliance in the future.

CARE AND MAINTENANCE

After wearing your FX Fangs use a soft tooth brush with a bit of mouthwash and a gentle scrubbing motion front and back to clean and kill any mouth bacteria left on the surface of your appliance (it's best to use a separate brush from the one you use to brush your teeth). Store in an air tight plastic container (a quality plastic baggie will do) with enough mouthwash to cover the appliance. For long-term storage (several months) use a solution of 10 parts water to 1 part bleach. *NOTE: Too much bleach can damage the stain coat of the acrylic.*

Disclaimer: Dental Distortions admits no liability due to the carelessness or misuse of this product. This product is not a medical device nor intended for medical or dental use. This product is not for use with braces. This product is a choking hazard in young children and people without full capacity of oral and throat muscles.